



**American Aesthetic Association  
Step 1 (Non Surgical Cosmetic Gynecology)**

08:30 - 09:00	<ul style="list-style-type: none"> <li>• Registration</li> </ul>
9:00 - 10:00	<ul style="list-style-type: none"> <li>• History and Statistics</li> <li>• Applied surgical anatomy</li> <li>• Pathophysiology of genital aging</li> <li>• Consultation and Patient selection</li> <li>• Medical photography</li> <li>• Contraindications</li> </ul>
10:00-10:30	<b>COFFEE BREAK</b>
10:30- 12:00	<ul style="list-style-type: none"> <li>• Anesthesia</li> <li>• Laser applications in Cosmetic Gynecology:               <ul style="list-style-type: none"> <li>○ Bikini area laser epilation</li> <li>○ LLL therapy in vulvovaginal rejuvenation</li> <li>○ Laser vaginal Rejuvenation</li> <li>○ Q Switched Lasers</li> <li>○ Erbium Resurfacing</li> </ul> </li> <li>• Radiofrequency vaginal tightening</li> <li>• Genital bleaching:               <ul style="list-style-type: none"> <li>○ Perineal skin conditioning</li> <li>○ Chemical Peeling</li> </ul> </li> </ul>
12:00-13:00	<b>LUNCH BREAK</b>
13:00 - 14:00	<ul style="list-style-type: none"> <li>• HA for genital rejuvenation</li> <li>• G-Spot amplification technique</li> <li>• Mesotherapy in genital rejuvenation:               <ul style="list-style-type: none"> <li>○ Mons pubis fat reduction</li> <li>○ Vaginal rejuvenation</li> </ul> </li> <li>• PRP vaginal enhancement</li> <li>• Carboxytherapy</li> <li>• Botulinum toxin for vaginismus</li> <li>• Setting a successful Cosmetic Gynecology practice</li> </ul>
14:00 – 14:15	<b>COFFEE BREAK</b>
14:15 - 15:45	<ul style="list-style-type: none"> <li>•</li> </ul>
15:45 – 16:00	<b>COFFEE BREAK</b>
16:30 – 17:00	<b>DAILY TEST ON NON INVASIVE COSMETIC GYNECOLOGY</b>
16:30- 17:00	Questions and Answers

## Day 2: Clinical Demonstrations

9:00 –13:00	Clinical Demonstrations: <ul style="list-style-type: none"><li>• Laser epilation of bikini area</li><li>• Vaginal Bleaching with Q Switched lasers</li><li>• Vaginal Bleaching with Peels</li><li>• HA injection</li></ul>
13:00-14:00	<b>LUNCH</b>
14:00 - 16:00	<ul style="list-style-type: none"><li>• Mesotherapy</li><li>• PRP O Shot</li><li>• PRP P Shot</li><li>• Carboxytherapy</li></ul>
16:00 – 17:00	<ul style="list-style-type: none"><li>• <b>MCQ EXAM ON NON SURGICAL AESTHETIC GYNECOLOGY</b></li></ul>
17:00 – 17:30	<ul style="list-style-type: none"><li>• <b>Closing remarks</b></li><li>• <b>Picture taking</b></li><li>• <b>Distribution of certificates</b></li></ul>